

# CAJUN STYLE PORK

## CAJUN STYLE PORK, BAKED SWEET POTATO WEDGES AND KALE SLAW. SERVES 4.

Pre-heat the oven to 160°C, Gas 3, 325°F.

### FOR THE WEDGES:

Wash and quarter all the sweet potatoes lengthways into wedges. Toss the wedges in the vegetable oil and season with salt and pepper. Place on a baking sheet and put in the oven for 25 minutes.

### FOR THE PORK:

Rub the pork chops all over with the cajun seasoning. Heat a frying pan then add the pork chops and brown them on both sides over a medium heat, a little tip is to do them two at a time to keep the pan nice and hot. Place them on a baking tray in the oven for 20 minutes. It's important to leave them to rest for 5 minutes before serving, pour over any juices that run out of them, tasty!

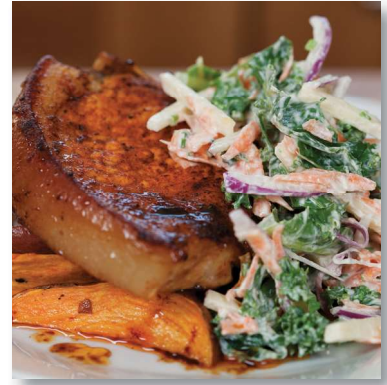
### FOR THE SLAW:

Put the \*blanched kale into a large mixing bowl, add the sliced onion, the apple and the grated carrot. Mix the yoghurt, mustard and chives, then coat all the ingredients and season to taste with the lemon juice, salt and pepper.

**To serve:** Wedges on the bottom, pork and slaw on top

\*Blanching; boil a large pot of salted water, add the Kale and cook for 5 to 6 minutes, then run the kale under cold water until cold, this stops the cooking and helps retain colour and more importantly, the nutrients.

WATCH  
THE  
VIDEO!



### EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Restores energy, helps brain function, increases concentration levels.

**The best time to eat this dish:** Evening meal before completing some revision.

**Reason:** This recipe contains a combination of protein, complex carbohydrates and a powerhouse of nutrients. Sweet potatoes are anti-inflammatory and contain high levels of potassium, vitamin C and A. Kale contains Omega 3s and lemon juice will cleanse your stomach and strengthen your immune system.

- 4 pork chops
- 4 sweet potatoes
- 1 red onion, peeled and thinly sliced
- 2 carrots, peeled and grated
- 300g kale, washed and \*blanched
- 1 lemon, cut in half and juiced, keep the juice
- 5 tablespoons olive oil
- Salt and pepper
- 100ml Greek yoghurt
- 1 teaspoon wholegrain or Dijon mustard
- 1 red eating apple, sliced into thin matchsticks
- 1 small bunch chives, chopped into thin rings
- 4 tablespoons cajun or fajita seasoning

This dish has been specially created by celebrity chef, Mark Lloyd.

# PEANUT CHICKEN AND NOODLES

## PEANUT CHICKEN, PAK CHOY, COCONUT RICE NOODLES. YOU COULD ALSO USE TURKEY, PORK, BEEF OR TIGER PRAWNS FOR THIS RECIPE. SERVES 4.

**MARINATE:** Put the chicken with the garlic, curry powder, honey, soy sauce and oil in a bowl and mix well. Leave for about 30 minutes or longer.

You can soak the bamboo skewers for the same amount of time as the chicken marinates. Then skewer the chicken onto the bamboo skewers. Grill the chicken under a grill, fry in a pan or even on the BBQ on high heat. Cook each side for about 2 minutes or until the chicken is cooked and then serve with the warm peanut sauce.

### MAKING PEANUT SAUCE:

Put all the ingredients for the peanut sauce into a small saucepan. Bring to a simmer on a low heat for about 2 to 3 minutes. Remove from the heat and serve.

### MAKING COCONUT NOODLES:

Pour the coconut milk into a saucepan and warm over a medium heat, adding the dessicated coconut.

Soak the noodles in boiling water and once softened, add to the coconut milk with the bok choy and coat the noodles.

Spoon into warm bowls and top with the skewers.

If you have any dry roasted peanuts, crush and serve them with sliced chilli and fresh coriander as a garnish, and maybe even a lime wedge for tanginess!

WATCH  
THE  
VIDEO!



### EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Helps regulate immune system, gives instant mental energy, helps improve focus, memory and mood, helps to fight illness and combat stress.

**The best time to eat this dish:** Evening meal or if you are feeling tired, stressed and not 100%.

**Reason:** The combination of lean protein, pak choy, garlic and coconut, all have a positive effect on memory retention due to all the phytonutrients. Packed with antioxidants such as Vitamin K and B vitamins to support your immune system and iron will help provide oxygen to the brain for alertness.

- Chicken breast thin slices about 1cm thick
- 2 cloves garlic peeled chopped
- 1 teaspoon curry powder
- 1 teaspoon honey
- 1 tablespoon soy sauce
- 1 teaspoon oil (peanut or sunflower)
- 4 bamboo skewers (soaking in warm water before use)
- 3 pak or bok choy, sliced thinly
- 300g rice noodles, soaked in boiling water as per packet instructions
- 50ml coconut milk
- 50g desiccated coconut
- 1 red chilli, sliced into thin rings
- A few leaves coriander

### PEANUT SAUCE:

- 100ml coconut milk or fresh milk
- 3 tablespoons smooth peanut butter
- 2 tablespoons honey
- 1 tablespoon soy sauce
- ½ teaspoon curry powder
- 1 teaspoon oil (peanut or sunflower)
- 1 teaspoon corn flour

## CAJUN STYLE PORK



## PEANUT CHICKEN AND NOODLES



# CHICKPEA AND VEGETABLE CURRY

**CHICKPEA AND ROASTED VEGETABLE CURRY. THIS MAKES ABOUT 10-12 PORTIONS, BUT FREEZES EXTREMELY WELL.**

**METHOD:**

Part cook the celeriac and squash in boiling, salted water. Just cook until the tip of a knife will go into the veggies.

In a large enough pan to take all the rest of the ingredients, heat the coconut oil and add the garlic, ginger and the dry spices, frying them for 30 to 45 seconds, before adding the tomato puree.

Add the chickpeas, stock and tinned tomatoes once the puree has slightly browned, stirring to remove the sticky bits of puree from the bottom of the pan.

Cook for 35 minutes or until the chickpeas are soft, then add the celeriac and squash.

Add the desiccated coconut and continue to cook for a further 20 minutes or until the consistency of the sauce is nice and thickened, if you need to add more liquid, please add some more water. Adjust the seasoning with salt and pepper before serving. Now get a wholemeal naan and get dipping!

- 1 celeriac, peeled and diced
- 1 butternut squash, peeled and diced
- 2 white onions peeled and diced
- 1 thumb of ginger, peeled and finely grated
- 1 teaspoon turmeric
- 1 can of chickpeas, drained
- 2 cloves garlic, crushed
- ¼ teaspoon dried chilli flakes
- ¼ teaspoon ground black pepper
- 250g chopped tomatoes, tinned will do
- 50g desiccated coconut
- 150ml coconut cream
- 150ml good vegetable stock
- ½ stick cinnamon
- 2 black cardamom
- 1 teaspoon black onion seeds
- 1 teaspoon mustard seeds
- ½ teaspoon nigella seeds
- 2 teaspoon garam masala
- 2 tablespoons tomato puree
- 1 tablespoons coconut oil



**WATCH THE VIDEO!**

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**

Stimulates brain cells and improve memory, helps to relax and de-stress, gives immunity a boost.

**The best time to eat this dish:**

Evening mid-week meal when you have a lot of work to focus on.

**Reason:** Chickpeas are one of the best sources of magnesium which makes them a top brain boosting food. Butternut squash contains a huge amount of vitamin A and potassium which help lower your blood pressure. All the herbs and spices contain powerful antioxidants which will keep your brain sharp and your immunity in check.

# CHILLI CON CARNE WITH JEWELLED RICE

**CHILLI CON CARNE, JEWELLED WHOLE GRAIN RICE, WHIPPED YOGURT. FEEDS 4 HUNGRY PEOPLE AND FREEZES WELL!**

**FOR THE CHILLI:**

- 3 teaspoons of vegetable oil
- 1kg diced stewing beef, chuck steak etc..
- 2 white onions, thinly sliced
- 3 cloves of garlic, peeled and chopped
- 1 teaspoon cumin seeds, toasted
- 1 tablespoon of dried oregano
- 1 tablespoon soft brown sugar
- 2 red medium chillies, deseeded and roughly chopped
- 1 teaspoon chilli powder, or to taste
- 2 green chillies, sliced for garnish
- 400g tinned kidney beans, drained and rinsed
- 300g tin chopped tomatoes
- 300ml of good beef stock

**METHOD:**

Heat a casserole dish big enough for all the ingredients over a medium heat. Add the vegetable oil, garlic, cumin, chilli powder, onions and chillis. Cook until the onions are golden, be careful not to burn them. Add the diced beef and brown on all sides \*TIP (add the beef in small batches, it stops the meat steaming and going grey). Once the beef is nicely browned, add the stock, tomatoes, sugar and dried oregano, reduce the heat to a simmer (little bubbles) and cook for 1 hour with the lid on. After 1 hour remove the lid, add the kidney beans and cook for a further 30 minutes until the beef is tender and the sauce has thickened.

**TO SERVE:** Top the jewelled rice with the chilli and a dollop of whipped yoghurt. Lovely!

**WATCH THE VIDEO!**



**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**

Maintains energy levels, helps to relax, builds immunity and promotes a healthy brain.

**The best time to eat this dish:** Friday evening or a weekend where you may spend longer amounts of time on revision or want to be able to relax.

**Reason:** The high amounts of iron and zinc will transport oxygen around your body quickly. The protein from lean beef and yoghurt combined with kidney beans and rice will give you slow release energy to last throughout the day. Chillies are rich in various vitamins and minerals which will help regulate blood sugar levels and can also help you to relax.

**FOR THE RICE:**

- 175g mixed wild rice, rinsed well
- 2 tablespoons of vegetable oil
- 1 carrot, peeled and finely grated
- 1 raw beetroot, peeled and finely grated (wear gloves!)
- 2 spring onions, washed and finely sliced into rings, for garnish
- 1 bay leaf
- ½ teaspoon cumin seeds
- 1 teaspoon thyme leaves, picked
- 350ml chicken or vegetable stock, if using a cube taste for saltiness!
- A good pinch of sea salt and pepper

**METHOD:**

In a large saucepan, heat the oil over a medium heat, gently fry the cumin, onion, bay leaf and thyme for about 5 to 6 minutes, then add the rice.

Cover with the stock and cook for 10 to 12 minutes over a high heat, removing from the heat and stirring in the carrot, beetroot and spring onions.

**PLUS 125ML OF GREEK YOGHURT**

## CHICKPEA AND VEGETABLE CURRY



## CHILLI CON CARNE WITH JEWELLED RICE

